

# Suggested Four-Year Plan of Study

## Exercise and Sports Science



### Clinical Exercise Physiology—Pre-Athletic Training Track

#### FRESHMAN YEAR

Fall Semester		16 Credits
ENGL 1100	Writing I .....	3
EXSS 1011	Introduction to EXSS .....	3
BIOL 1200	Anatomy and Physiology I .....	4
	Gen Ed/WS .....	3
FYE	First Year Experience .....	3

Spring Semester		17 Credits
ENGL 1200	Writing II.....	3
MATH 1700	Applied Statistics (QR) .....	3
BIOL 1300	Anatomy and Physiology II .....	4
PSY 1100	Intro to Psychological Science (PL) .....	3
BIOL 1800	General Biology I .....	4

#### SOPHMORE YEAR

Fall Semester		17 Credits
EXSS 2050	Functional Anatomy .....	3
EXSS 2065	Research Methods .....	3
EXSS 2071	Exercise Physiology I .....	4
CHEM 1300	General Chemistry I (SI) .....	4
	Gen Ed/ Exploration .....	3

Spring Semester		15 Credits
EXSS 2400	Health Promotion (PW) .....	3
EXSS 2072	Exercise Physiology II .....	4
<b>CHEM 1400</b>	<b>General Chemistry II .....</b>	<b>4</b>
<b>MATH 1300 or</b> <b>MATH 2300</b>	<b>Precalculus or Calculus .....</b>	<b>4</b>

#### JUNIOR YEAR

Fall Semester		13 Credits
EXSS 2300	Sports Nutrition.....	3
Or 3000	Or Applied Nutrition	
EXSS 3110	Weight Training for Fitness.....	3
Or 3120	Or Strength Training & Conditioning	
EXSS 4200	Professional & Career Development ...	3
<b>PHYS 2300</b>	<b>General Physics I .....</b>	<b>4</b>

Spring Semester		16 Credits
EXSS 3450	Exercise Testing & Prescription .....	4
EXSS 4045	Cardiovascular & Electrophysiology ....	3
<b>EXSS 2023</b>	<b>Introduction to Sports Medicine .....</b>	<b>3</b>
	Gen Ed/Exploration .....	3
	Gen Ed/Integration (AIA).....	3

#### SENIOR YEAR

Fall Semester		13 Credits
EXSS 3600	Exercise Response & Adaptation in Special Populations .....	3
EXSS 4005	Biomechanics & Motor Control of Human Movement .....	4
	Gen Ed/ Exploration .....	3
	Gen Ed/ Exploration .....	3

Spring Semester		15 Credits
EXSS 4040	Fitness Management.....	3
EXSS 4950	Internship (AIA/IHIP) .....	6
	Gen Ed/ Exploration .....	3
	Gen Ed/ AIA .....	3

*Courses in bold indicate prerequisite courses for physical therapy programs. They are not required by the clinical concentration at Fitchburg State University*

#### General Education: Foundation

3 credits Reading and Information Literacy (R and IL): First Year Experience  
3 credits Writing (W): Writing I  
3 credits Writing and Information Literacy (W and IL): Writing II  
3 credits Quantitative Reasoning (QR) (MATH)  
3 credits World Languages, Speaking and Listening (WS)

#### General Education: Exploration

3 credits Civic Learning (CV)  
3 credits Diverse Perspectives (DP)  
3 credits Ethical Reasoning (ER)  
3 credits Fine Arts Expression and Analysis (FA)  
3 credits Historical Inquiry and Analysis (HI)  
3 credits Literary Inquiry and Analysis (LI)  
3 credits Personal Wellness (PW)  
3 credits Procedural and Logical Thinking (PL)  
3 credits Scientific Inquiry and Analysis (SI)

#### General Education: Integration

9 credits AIA (3 of which must be Integrative High Impact Practice - IHIP)  
OR  
Minor (professional majors completing a minor or second major must include at least 9 credits in LA&S disciplines for that minor)

#### General Education: MAJ

There may be major courses that have been approved to fulfill up to 3 General Education requirements (at least 9 credits). Varies by major and concentration.

**Suggested 4-year plan of study. Completion of 120 credits required for graduation.**